THE Second part of

the good Huſ-wiues IEWELL.

Where is to be found moſt apt and readieſt wayes to diſtill many wholeſome *and ſweete waters.*

In which (likewiſe) is ſhewed the beſt manner in preſeruing diuers ſortes of fruites, and making of Sirrops.

With diuers conceites in Cookerie: with the Booke of Caruing.

LONDON
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1606.

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FINIS.

A booke

A Booke of Cookerie.

To boyle Maribones for Dinner.

FIrſt put your mary-bones into a faire pot of water, and let them boyle till they be halfe enough, then take out al your broath, ſaving ſo much as will couer your mary bones, then put therto eight or nine carret rotes, and ſe they be wel ſcrapped and waſhed, & cut inch long or litle leſſe and a handfull of Parſelie and Iſop chopped ſmall, and ſeaſon it with ſalte, Pepper and ſaffron. You may boyle chynes and racks of Weale in al points as this is.

To boyle a Capon.

LEt your Capon be faire ſcalded and ſhort truſſed, & put into a faire pot of water with a mary bone or two, & a racke of Mutton cut together in three or fower peces, and let them boyle together till they be halfe boyled, then take out a ladle full or two of the beſt of the broth, and put it into a faire earthen pot, and put therete a pint of white wine or of claret, & cut a

twelue

twelue or fourteen dates long wayes, and a handfull of small raysons, a handful of Time, Rosemary and Isope bound together, & so let these pereels boyle by themselues, and when your capon is enough, lay it in a faire platter vpon sops of white bread, and your mutt on by him also, then take out the mary from the bones whole; and lay it vpon the capon, then take your made broth & lay it vpō your capon & mutton, and so serue it forth: your latter broth must bee seasoned with cinamen, cloues and mace, and salt and mace beaten also.

To boile a capon with Oringes.

TAke your Capon & set him on the fire as before with mary bones & mutton, and whē you haue skimmed the pot wel, put thereto the value of a farthing loafe, and let it boyle till it be halfe boyled, then take 2. or 3 ladlefull of the same broth and put it into an earthen pot, with a pint of the wine aforesaid, and pill 6. or 8. Oringes and slice them thin, & put them into the same broth wt foure penniworth in sugar or more, and a handfull of parceley, time, and Rosmary together tyed, and season it with whole mace, cloues & sticks

of

of Cinamon, with two Nutmegs, beaten small and so serue it.

To boile teales, Mallards, Pigeons, chines of Porke, or Neates tongues all after one sort.

LEt them be halfe roasted, sticke a fewe cloues in their breastes, then two or three tostes of bread being burned black, then put them into a litle faire water, immediately take them out again, & straine them with a litle wine and vineger to the quantitie of a pint: put it into an earthen potte, and take eight or ten onions slyced small, being fryed in a frying pan with a dish of butter, and when they be fried, put them into your broth, then take your meat from the spitte and put it into the same broth, and so let them boyle together for a time, seasoning with salt and pepper.

Mutton boyled for supper.

FIrst set you mutton on the fire, & skim it cleane, then take out all the broth saue ing so much as will couer it, then take and put thereto ten or twelue onions pilled, cut them in quarters, with a handfull of parseley chopped fine, putting it to the mutton, and so let them boyle, seasoning it with

with pepper, salt and saffron, with two or three spoonfull of vineger.

To boyle Mutton with Nauons.

First pill your Nauons, & wash them then cut 5. or 6. of them into peeces to the bigues of an inche, and when your muttō hath boiled a while, take out al the licour sauing so much as may couer well the mutton, then put the Nauons into the pot of mutton with a handfull of parselie, chopped fine, and a branch of Rosemary, seasoning it with salt, pepper, and saffron.

To boyle a Lambes head with purtenances.

First skimme it well, then take of the broth, leauing so much as will couer it, then put to it parsely & rosemary, a branch of Isop and time, and a dish of butter, with Barberies or Gooseberies, then let them boyle being seasoned with cloues Mace, Salte, Pepper, and saffron, and so serue it forth vpon sops.

To stew a Capon for dinner.

Take a knuckle of Veale and boile it with your capō: putting to it proines Reasons great and small, whole Mace. & let it boyle together, seasoning it with

Salt

Salt and so serue it forth.

To boyle a capon in white broth.

TAke a well-washed capon & a maribone, & a quart of faire water, put them together in an earthen pot, & let them boyle till the capon be enough, but you must first take away the mary from the bone, and when it hath boyled take the vppermost of the broth & put it into an earthen pot, and the mary with it. Put to it small raisons, proines, whole mace, dates, and half a quartern of suger, 6. spoonfull of verdiuice, 3. or 4. yolkes of Egges, put these all together, and when your Capon is boyled, lay him in a fayre platter. powre your broth vpon him, and so serue him.

To boyle Chickens.

BOyle them as the Lambs head & purtenance is boyled, and when you are to serue them, streine 3. or 4. yolkes of Egges with vergious, and put it into the pot, and let it boyle no more: after the egs be put in, season it with salt, pepper, mace, and cloues, and so serue them. Thus may you boyle a counie or Muggets of Veale, as the chickins are boyled.

To

To boyle chickens with Spinnage and Lettice.

TAke a platter of Spinnage and Lettice, and wash them cleane, and when the pot is skimmed then put them in with a dish of butter, and a branch of rosemary with a little vergious, being seasoned with Salt and ginger beaten.

To make Peares to be boyled in meat.

TAke a peece of a Legge of Mutton or Veale raw, being mixed with a little Sheepe sewet, and halfe a manchet grated fine, taking foure raw egges yolkes and all. Then take a litle time, and parsley chopped small, then take a fewe gooseberies or barberies, or greene grapes being whole. Put all these together, being seasoned with Salt, Saffron and cloves, beaten and wrought altogether, then make Rolles or Balles like to a peare, and when you have so done, take the stalks of the sage, and put into the ends of your Peares or balles, then take the fresh broth of beefe, Mutton or veale, being put into an earthen pot, putting the peares or balles in the same broth with salt

Salt, Cloues, Mace and Saffron, and when you be ready to serue him, put two or three yolkes of egs into the broth. Let them boile no more after that but serue it forth vpon soppes You may make balles after the same sort.

To farse a Cabbadge for a banquet dish.

TAke little round cabbadge cutting off the stalkes, and by the cabbadge then make a round hole in your cabbadge, as much as will receiue your farsing meat, take heede you breake not the brimmes, thereof with your knife, for the hole must be round and deepe, then take the Kidney of a mutton or more, and chop it not smal, Then boile fiue Egges hard, taking the yolkes of them being smal chopped e also take rawe Egges and a manchet grated fine, then take a handfull of prynes, so many great raysons, seasoning al these with salt, pepper, Cloues and Mace, working all these together, and so stuffe your Cabbadge. But if you haue Sawsedge you may put it among your meate at the putting in of your stuffe, but you must leaue out both the ends of your sawsage

sage at the mouth of the Cabbadge when you shall serue it out. In the boyling, it must be within the Cabbadge, and the cabbadge must be stopped close with his couer in the time of his boyling, & bound fast round about for breaking: the cabbadge must be sodde in a deepe pot with fresh beefe broth or mutton broth, and no more then will lie vnto the top of the cabbadge, & when it is enough, take away the thrid, and so set it in a platter, opening the heade and laying out the sawsadge ouer, and so serue it forth.

To boyle a breast of Veale or Mutton farced.

TAke a breast of Veale or mutton, and face it in like maner as your cabadge is, so that you leaue out the prisnes and great rapsons: boile your beale or mutton in the foresaid brothes, putting no more broath then will couer your meat, & when your meat is halfe boyled, then put two handfuls of Lettice or Spinage, cutting it foure times ouerthwart and no more, and when your meat and herbs be boyled, then put a little Verdiuice in the broth, seasoning it with salt and pepper, then serue your

your meate vpon Soppes, casting your hearbs vpon it, and so serue it.

To boile a Mugget of a sheepe.

FIrst wash and scoure it clean, then perboyle it a little, then choppe a peece of a Kidney of Mutton small, and put it into a platter, then put the quantity of a farthing loafe grated, with Prunes and Raysons of eache a handfull, persely and time chopped smal, and three or foure hard rosted egges being chopped with bread and Suet, then put a little water to and saffron, and colour it with three or foure rawe Egges, both yolkes and whites, Salt, Pepper, Cloues and mace being minced together, putting it into the Mugget, and so boile it with a little Mutton broth and Wine, Lettuce and Spinnage whole in the same broth, and so serue it forth.

To boyle Mutton for Supper.

TAke Carret rotes, and cut them all inch-long, take a handfull of parsely and time halfe chopped, and put into the pot the Mutton, and so let them boile, being seasoned with Salte and pepper, and so serue it forth.

To boile a neats tongue to supper.

TAke a little wine or faire water, putting vnchopped Lettuce faire washed into your Neats tongue, with a dishe of Butter or two, and season it with Salte, Pepper, cloues and Mace, and so serue it.

To boile Mallards, Teales, and chines of porke with Cabbadge.

FIrst vnlose your cabbadge, & cut them in three or foure quarters vnlosing euery leafe for doubt of wormes to be in them, then wash the and put them into a pot of faire water, and let them boyle a quarter of an houre, then take them vp, and chop them somewhat great, then put them into a faire pot with the broath of the Mallard and whole Pepper, and Pepper beaten, with Cloues Mace and Salte, and so let them boile together. &c.

For a Goose giblets and pigges petitoes.

LEt them be sodde throughly, then cut them in peces and fry the with butter, and when they be halfe fried, then put to a little Vineger with Ginger, Sinamon and pepper and so serue it forth: thus may

may you vſe Calues feete boyled in all points as this is.

For fricaſies of a lambes head and purtenance.

TAke a Lambs head and cleaue it, and cut his purtenances in peeces, and perboyle it till it be almoſt enough, then take the yolkes of two rawe Egges, and baſte your Lambes head and purtenances with it, and frie it in butter for ſauce, put to the butter, Pepper, Vineger and Salt, frying them together a little on the fire and ſo ſerue it.

For fricaſies of Neates feete for ſupper.

TAke your Neates feete & cleaue them and baſte thē with butter and crums of bread, and lay them vpon a Gredirons, till they be throughly broyled, then take Vineger, pepper, ſalt and butter, and put thē altogether in a diſh, ſet on a chafingdiſh of coles boyling and ſo let them boyle there til you muſt ſerue it, you muſt put to ſauce, barberies or grapes, &c.

A fricaſe of Tripes.

LEt them be faire ſodden, and ſauce thē, take the leaneſt and cut it in peeces,

inch broad, fry them with Butter or flats, and your sauce to be vineger, pepper and mustard, being put a little while in the frying panne, with Butter or flats.

To roste a Lambes head.

TAke the head and purtenaunces being cleans washed, cut the puttenances in peeces, so that it may bee broached, & roste them, basting it with butter, & when it is enough, take the yolkes of two raw egges with a little parsely chopped fine, beating them together, and baste your Lambes head with it, euen so long till your Egges be hardned on, then take it vp, and serue it with the sauce of Pepper, Vineger and butter boyled a little vpon a Chafingdish of coles

To make a pye in a pot.

TAke the leancst of a Legge of Mutton and mince it small, with a peece of the kidney of mutton, then put it into an earthen pot, putting thereto a ladelfull or two of mutton broth, and a little wine, of proynes and raysons of each a handfull or barberies. Let them boyle together, putting to it halfe an orenge, if you haue any, seasoning it with salt, Pepper, cloues, Mace,

and

and Saffron and so serue it.

To make allowes to roste or boyle.

TAke a legge of mutton and sluce it thin, then take out the kidneyes of the Mutton hauing it minced small, with Isope, time, parsely, and the yolks of hard egges, then binde it with crums of white breade and raw egges, and put to it proines and great raysons, and for want of them Barberies, Goosberies, or grapes, seasoning it with Cloues, Mace, Pepper, Sinamon, ginger and salt. You must make a mugget of a Sheepe as these allowes bee, sauing you must put no mutton into it.

To make red Deare.

TAke a legge of Beefe, and cut out all the sinewes cleane, then take a rowling pin and all to beate it, then purboile it, and when you haue so doon lard it very thick, then lay it in wine or Vineger for two or three houres, or a whole night, then take it out and seasen it with peper, salt cloues & mace, thē put it into your paste, & so bake it.

To farse all thinges.

TAKE a good handfull of time, Isope, Parselye, and three or foure yolkes of Egges hard rosted, and choppe them with

hearbes small, then take white bread grated and raw egs with sweete butter, a few small Raisons, or Barberies, seasoning it with Pepper, Cloues, Mace, Sinamon & Ginger, working it altogether as paste, and then may you stuffe with it what you will.

A sop of Onions.

TAke and slice your Onions, and put them in a frying panne with a dish or two of sweete Butter, and fry them together, then take a little faire water and put into it salt and Pepper, and so frie them together a little more, then boyle them in a little earthen pot, putting it to a little water and sweet butter &c. You may vse Spinage in like manner.

To make gallantine for flesh or fish.

TAke browne bread and burne it blacke in the toasting of it, then take them and lay them in a little wine and vinegar, and when they haue soked awhile, then straine them, seasoning it with Sinamon, Ginger Pepper and Salt, then set it on a Chasing-dish with coales, and let it boyle till it be thicke, and then serue it in Saucers.

To

To ſtew Oyſters.

TAke your Oyſters, and put them either in a little ſkillet ouer the fire, or elſe in a platter ouer a Chaffingdiſh of coales, and ſo let them boyle with their licour, ſweete butter, bergious, Vineger and pepper, and of the tops of Time a little, till they be enough and then ſerue them vpon ſoppes.

To bake alloes of Veale or Mutton.

MAke your aloes ready to bake in all pointes as you boile them, laying vpon them in the paſte Barberies, gooſeberies or Grapes greene, or ſmall Raiſons, and put in your Pie a diſh of Butter. and ſo ſet it in the Ouen, and when it is bakes then put in a little bergious, and ſo ſet it in an Ouen againe, a while, and ſo ſerue it forth.

To bake Conney, Veale or Mutton.

TAke a Conney and perboile it almoſt enough; then mince the fleſh of it very fine, and take with it three yolkes of hard egges, & mince with it, then lay an other Conny in your Pie being perboiled, and your minced meate with it, being ſeaſoned with

with cloues, Mace, Ginger, Saffron, pepper and salt, with two dishes of swet butter mixed with it, lay vpon your Connie Barberies, Gooseberies, or grapes, or els small raisons, and so bake it.

To make fine paste.

TAke faire flower of wheate, and the yolkes of Egges with swet butter, melted, mixing all these together with your hands, till it be brought to we paste, & then make your coffins whether it be for pyes or tartes, then you may put Saffron and Suger if you wil haue it a swet paste, hauing respect to the true seasoning: some vse to put to their paste Beefe or Mutton broth, and some creame.

For small pies.

TAke the Mary out of the marybones whole, & cut it in the bignes of a beans season your mary with Ginger, Suger, and Sinamon, then put them in fine paste and frie them in a frying panne with the skimming of fresh beefe broth, or else you may bake them in your ouen a litle while, take heede they burne not, and when you do seure them in a faire dish, cast blanch powder vpon them.

To

To make purses and cremitaries.

TAke a litle marrow, small raysons and Dates, let the stones be taken away, these being beaten together in a Morter, season it with Ginger, Sinamon and suger, thē put it in fine paste, and bake them or frie them, so done in the seruing of them cast blaunch ponder vpon them.

To make a Tarte of Spinnage or of wheat leaues, or of cole-wortes.

TAke thrée handfull of spinnage, boile it in faire water, when it is boyled, put away the water from it and put the spinnage in a stone morter. grind it smal with two dishes of butter melted, and foure raw Egges all to beaten, then straine it and season it with Suger, Sinamon and ginger, and lay it in your Coffin, when it is hardened in the ouen, then bakē it, and when it is enough, serue it vpon a faire dish, and cast vpon it Suger and Biskets.

For Tartes of creame.

TAke a pinte of creame with fire rawe Egges, and boile them together, and stirre it well that it burne not, then let it boyle till it be thick, then take it out of the pot

pot, and put to two dishes of Butter, melted, and when it is somewhat colde, then straine it and season it with Suger, then put it into your paste, when your paste is hardned, and when it is enough, then serue it with Suger cast vppon it. If you will haue a tart of two colours, then take the halfe of it, when it is in creame, and colour the other halfe with Saffron or yolkes of Egges.

A Tart of proines.

MAke your Coffine two inches deepe round about, the take ten or twelue good apples, pare them and slice them, and put them into the paste, with two dishes of Butter among the Apples, then couer your Tarte close with the Paste, & breake a dish of butter in peeces, and lay it vppon the couer because of burning in the panne. And when the apples be tender, take it forth and cut off the couer, and beate the apples together til they be soft, if they be dry put the more Butter into them and so season them with Sinamon, Ginger, and Suger, then must you cut your couer after the fashion, leauing it vpon your Tarts, serue it with blaunch pouder.

A

A Tart of Egges.

TAKE twelue Egges and Butter them together, then straine them with Rose-water, season it with Suger, then put it into your paste, & so bake it and serue it with Suger vppon it.

A White Leach.

TAKE a quart of new milke, and three ounces weight of Isinglasse, halfe a pound of beaten Suger, and stirre them together, and let it boile halfe a quarter of an houre till it be thicke, stirring them all the while: then straine it with three spoonfull of Rose-water, then put it into a platter and let it coole, and cut it in squares. Lay it faire in dishes, and lay golde vpon it.

To keepe Lard in season.

CVt your lard in faire peeces, and salt it well with white Salt, euery peece with your hand, and lay it in a close vessell, then take faire running water, and much white salt in it, to make it braine, then boile it vntill it beare an Egge, then put it into your Lard and keepe it close.

To make Iombils an hundred.

TAke twentie Egges and put them into a pot both the yolkes & the white, beate them

them wel, then take a pound of beaten ſuger and put to them, and ſtirre them well together, then put to it a quarter of a peck of flower, and make a hard paſte thereof, and then with Anniſede moulde it well, and make it in litle rolles being long, and tye them in knottes, and wet the endes in Roſe-water, then put them into a Pan of ſething water, but euen in one waum, the take the out with a ſkimmer, and lay them in a cloth to dry, this being done lay them in a Tart-pan, the bottome being oyled, then put them into a temperate Ouen for one houre, turning them often in the ouen.

To make buttered Egges.

TAke eight yolkes of Egges, and put them into a pint of creame, beate them together and ſtreine them into a Poſſenet ſetting all vpon the fire and ſtiring it, e let it ſeeth vntill it curdle, then take it and put it in a cleane cloth and let it hang ſo that the Whay may auoide from it, and when it is gone beate it into a diſhe of Roſe-water and ſugar with a ſpoon, and ſo ſhall you haue fine butter. This done, you may take the white of the ſame eggs put-

ting

ting it into another pint of Creame, bling it as the yolkes were bled, and thus you may haue as fine white Butter as you haue yellow butter.

To boyle Neates feete.

TAke your Neates feete out of the sauce and wash them in faire water, then put them into your mutton broath, and take fiue or sixe Onions chopped not small, then take a quantitie of Time, Parsely and Isope chopped fine: boile altogether, and when it is halfe boyled and more, then a dish or two of Butter, and put to it, then season it with pepper, salt and saffron, with fiue or sixe spoonefuls of vineger, & so serue it vppon sops.

To boyle a Carpe.

TAke out the Galle, cast it away and so scald not your Carpe, nor yet wash him and when you doe kill him, let his blood fall into a platter, & spiet your Carpe into the same blood, and cast thereon a ladelful of vineger, then toste three or foure tostes of browne bread and burne it blacke, and dip them into a little faire water, and then immediately straine them into the liquour where your carp shal be sodden with thre

or

or foure Onions chopped somewhat big, with parsely chopped small, then set your broth upon the fire, and when it begins to boyle, put to your Carpe two or three dishes of Butter, and a braunch of rosemary stripped, and stirres oftime, and if it bee to thick, put to it a little wine, & so let it boyle fatce and softlye, seasoning it with whole mace, cloues and salt, and Pepper, cloues and mace beaten, and so serue it.

To boile a Pike with Orenges a banquet dish.

TAke your Pike split him, and seeth him alone with water, Butter, & Salt, then take an earthen pot and put into it a pynt of water, and another of Wine, with two Orenges or Lemmons if you haue them, if not, then take foure or fiue Orenges, the Rines being cut away, and spiced, and so put to the licour, with fiue Dates, cut long waies, and season your broth with Ginger, Pepper, and Salte, and two dishes of sweete Butter, boyling these together, and when you will serue him, lay your Pike upon soppes, casting your broth upon it, you must remember that you cut off your Pikes head hard by the body & the

his

his bodie to be ſplitted, cutting everie ſide in two or three partes, and when he is enough, ſetting the bodie of the fiſh in order then take his head & ſet it at the foremoſte part of the diſh, ſtanding vpright with an Orenge in his mouth, and ſo ſerue him.

To boyle a Pike another way.

TAke your Pike and pull out all his guts, and doe not ſplette your Pike, but cut of his head whole, and cut his body in three or foure peeces, and ſo let him bee boiled in Wine, Water, or Salte, to the quantitie of a pottle, then take a pinte of Wine, and a ladelfull or two of the Pikes broth, and put theſe together into an earthen pot, with two diſhes of Butter, and three or foure Orenges ſliced, ſmall Raiſons and ſuger, Time and Roſemary ſtripped, and then put in the eſſell of the Pike in the ſame broth, and ſo let them boyle together, and when you bee readie to ſerue, lay your Pike vpon ſoppes, and put your broth vpon it, ſeaſoning it with whole Cinamon and Mace, and a Nutmeg beaten, and ſo ſerue it forth.

To

To boyle Roche, Perche and Dace, with other small fish.

TAke faire water and put to it parsely, Time and Rosemarie slipped, and so let it boile a good while together, then take a dish or two of butter, putting to the same broth and your fish, and so let it boyle together, seasoning it with cloues mace, pepper and salt, and so serue them vpon sops.

To boyle a Pike another way.

TAke and splet your Pike through the back, and take out the refect, so done, put your Pike into a Pan of water with Rosemarie, let it seathe till it be boiled the take your refect with a little wine & verjuice with two dishes of butter, put these in a platter, setting it on a chafing-dishe of Coles, and there let it boyle, seasoning it with whole mace, this done, take vp your Pike, laying him vpon sops in a platter, then take your refect and his broth and cast vpon it, and so serue it forth with salt.

To boile a Tench.

SCeth your Tench with a little water & a good deale of vineger, whē it is sodden lay

lay it in a faire dish, take out all the bones and put a little saffron in your broth with a little salt, and put the same broth upon your Tench, and cast a little fine Pepper upon it while it is hot, & so let your Tench stand til it be on a gelly, and when you do serue it, take an Onion and Parsely, chopped fine, and cast it upon your Tench, and so serue it.

For Turbot and Cunger.

SEeth them in faire water and salt, and let them boyle till they bee enough, then take them from the fire, and let them coole, then vse them in the seasoning as the Salmon hereafter following.

For fresh Salmon.

TAke your Salmon and boile him in faire water, Rosemary and time, and in the seething put a quart of strong Ale to it, and so let it boyle till it be enough, then take it from the fire, and let it coole, then take your Salmon out of the pan, and put it into an earthen pan or wooden bowle, and there put so much broth as will couer him, put into the same broth a good deale of vineger, so that it be tart with it.

For white peaſe Pottage.

TAke a quart of white Peaſe or more and ſeeth them in faire water cloſe, vntill they doe caſt their huſkes. the which caſt away, as long as any will come vp to the toppe. and when they be gon, then put into the peaſe two diſhes of butter and a little vergious with Pepper and ſalt, and a little fine powder of March, and ſo let it ſtand till you will occupy it, and the ſerue it vpon ſops. You may ſet the Porpoſe and Seale in your Peaſe, ſeruing it ſeuth the peeces in a diſh.

To bake Porpoſe or Seale.

TAke your Porpoſe or Seale, and perboyle it, ſeaſoning it with Pepper and Salt, and ſo bake it, you muſt take of the skinne when you doe bake it, and then ſerue it forth with Gallentine in ſawcers.

To make a Candle of Ote-meale.

TAke two handfull or more of great Ote-meale, & beat it in a ſtone morter well, then put it into a quart of Ale, and ſet it on the fire, and ſtirre it, ſeaſon it with cloues, mace, and ſugar beaten and let it boyle till it be enough, then ſerue it ſeuth vpon Soppes.

To

To dresse a Carpe.

TAke your Carpe and scale it, and split it, and cut off his heade, and take out all the bones from him cleane. then take the fish and mince it fine, being rain with the yolkes of foure or five hard egges minced with it, so done put it into an earthen pot, with two dishes of butter & a pint of white wine, a handfull of prunes, two yolks of hard egges cut in foure quarters, and season it with one nutmege not smal beaten, Salt, Sinamon and Ginger, and in the boyling of it you must stirre it that it burne not to the pot bottome, and when it is enough then take your minced meate, & lay it in the dish, making the proportion of the body, setting his head at the upper end and his tale at the lower end, which head and taile must be sodden by themselues in a vessell with water and salt.

You may vse a Pike thus in all points, so that you do not take the prunes, but for them take Dates and small raisons, and when you haue seasoned it as your Carpe is, and when you do serue it put the reste into the pikes mouth gaping, and so serue it forth.

To farse Egges.

TAke eight or ten egges and boile them hard, pill of the shelles, and cut every eg in the middle, then take out the yolkes and make your farsing stuffe as you do for flesh, sauing only you muſt put butter into it instede of suet, and that a little so doon fill your Egges where the yolkes were, and then binde them and seth them a little, and so serue them to the table.

Sallets for fish daies.

FIrst a sallet of greene fine herbs, putting Perriwincles among them with oyle and vineger.

Another.

OLiues and Capers in one dish, with vineger and oyle.

Another.

WHite Endiue in a dish with perriwincles vpon it, and oyle and vineger.

Another.

CArret rotes being minced, and then made in the dish, after the proportion of a Flowerdeluce, then picke Shrimps and lay vpon it with oyle and vineger

An

Another.

Onions in flakes laide round about the dish, minced w carrets laid in the middle of the dish, with boyled Pippes in fine partes like an Oken leafe, made and garnished with a Tawney long cut with oyle and vineger.

Another.

Alexander Buds cut long waies, garnished with welkes.

Another.

Skirret rootes cut long waies in a dish, with tawney long cut, Vineger and Oyle.

Another.

Salmon cut long waies, with slices of Onions laid vpon it, and vpon that to cast violets, Oyle and Vineger.

Another.

Take pickeld hearing cut long waies and lay them in rundles with onions and parsely chopped, and other hearinges, the bones being taken out to bee chopped together and laide in the roundles with a long peece laide betwixt the rundles like the proportion of a Snake, garnished with Tawney long cut, with Vineger and oile,

Another.

TAke pickelde Herrings and cut them long waies, and so lay them in a dishe, and serue them with oyle and vineger.

To make tartes or balde meates for fish dayes.

TAke your dish and annoint the bottome well with butter, then make a fine paste to the bredth of the dish, and lay it on the same dish vpon the butter, then take Bætes, Spinnage, and Cabbadges, or white Lettuce, cutting them fine in long pieces, then take the yolkes of vii. rawe eggs, and fire yolkes of hard Egs, with small Raisons and a little cheese fine scraped, and grated bread, and thrée or foure dishes of butter melted and clarified, & whē you haue wrought it together, season it with Sugar, Sinamon, Ginger and salt, then lay it vpon your fine paste spreading it abroad, then the couer of fine paste being cut with prittie worke, then set it in your ouen, bake it with your dish vnder it and when it is enough, thē at the seruing of it you must newe baste the couer with Butter, and so scrape suger vpon it, & then serue it forth.

To

To make alloes of fresh Salmon to boyle or to bake.

TAke your Salmon and cut him small in peices of three fingers breadth, and when you haue cut so many slices as you will haue, let them be of the length of a womans hand, then take more of the salmon, as much as you thinke good, & mince it raw with fiue yolkes of hard Egges very fine, and then two or three dishes of Butter with small raisons, and so worke them together with cloues, Mace pepper, & salt, then lay your minced meate in your sliced Aloes, euery one being rolled and pricked with a feather, fast closed, then put your aloes into an earthen pot, & put to it a pint of water and another pinte of Claret wine, & so let them boyle till they be enough, and afterwarde take the yolkes of three raw egs with a little vergious, being strained together, and so put into the pot, then let your Aloes seeth no more afterwards, but serue them vpon Soppes of bread.

A Trout baked or minced.

TAke a Troute and seeth him, then take out all the bones, then mince it verie fine

fine with three or foure dates minced with it, seasoning it with Ginger and Sinamon, and a quantitie of Suger and Butter, put all these together, working them fast, then take your fine paste and cut it in three corner wayes in a small bigneste, of foure or fiue coffins in a dish, then lay your stuffe in them, close them, & so bake them and in the seruing of them baste the corners with a little butter, and then cast a litle blaunch powder on them, and so serue it forth.

To make a splede Eagle of a pullet.

TAke a good pullet and cut his throate hard by the head, and make it but a little hole, then scalde him cleane, and take out of the small hole his crop, so done, take a quill and blowe into the same hole, for to make the skinne to rise from the flesh, then breake the wing-bones, and the bones hard by the knee, then cut the necke hard by the body within the skinne, then cut off the rump within the skinne, leauing the bones at the legges, and also the head on, so drawing the whole body out within the skinne of the hole, the bones to be laid beneath

neath towardes the clawes, and the feete being left also on, you must cut off his bill: when you haue taken out all those bones, and brought it to the purpose, then take the flesh of the same pullet and perboyle it a little, and mince it fine with Sheepes Suet. grated bread, three yelkes of hard egs, then binde it with foure raw Egs, and a fewe Barberies, working these together, season it with Cloues, Mace, Ginger, pepper and Salt, and saffron, then stuffe your pullets skin with it, putting it in at ẏ hole at the head, and when you haue stuffed him, take him and lay him flat in a platter, and make it after the proportion of an Eagle in euery part, hauing his head to be cleft asunder, and laid in two partes like an Eagles head: thus done, then must you put him into the Ouen, leauing in the platter a dish of butter vnderneath him, another vpon him because of burning, and when it is enough then set it forth, casting vpon him in the seruice, blaunch powder, Sinamon Ginger, and Suger.

To

To make Mortirs of a Capon, Hen, or pullet.

Take a well fleshed Capon, Henne, or pullet, scalde and dresse him, then put him into a pot of faire water, and there let it seeth till it be tender, then take it and put all the flesh from his bones, and beate it in a stone morter, and when you thinke it halfe beaten, put some of the same licour into it, & then beate it till it be fine, then take it out and straine it with a little rose-water out of a strainer into a dishe, then take it and set it on a chafingdish of coles, with a little Suger put to it, and so stirre it with your knife, and lay it in a faire dish in three long rowes, the take blaunch pouder made of Sinamon and Suger, & cast upon it, and so serue it forth.

To make a colluce.

Take all the bones and legges of the aforesaid Capon, Henne or Pullet, and beate them fine in a stone Morter, putting to it halfe a pinte or more of the same Licour that it was sodden in, then straine it, and put to it a little Suger, then put it into a stone Crewes, and so drinke it warme first and last.

A

A made dish of the proportion of an Egge for fleth dayes.

MAke in all your things, your farsing stuffe as you do for your Cabbadge, euen so much as will fill a Bladder. First take a dry bladder and wash it cleane, that is of a Calfe or a Steere, and cut a little hole in the toppe, and then put in all your farsing stuffe, and when you haue filled it, then close the bladder toppe, binding it with a threede, and then put it into fresh Beefe broth, or Mutton broth, and there let it seeth till it bee enough then take it out, and let it stand still til it be somewhat stiffe, then cut away the bladder from it, and take another dry bladder, and washe it clean: let it bee bigger somewhat then the other was before, & cut it broad at the toppe. whereby your farsing stuffe may in the hole goe, and when it is in, then so many whites of Egges being rawe as may run round about him both aboue and beneath, within the bladder cleane covered with it, then bind vp your bladder mouth and put into your broth againe the Bladder, and there let it seeth till the white be hardened about the farsing, then take it out

out and cut away the bladder, then set it in a faire dish, laying the parsely vpon it, and so serue it forth.

Thus may you make small Egs to the number of fiue or eight in a dish in like maner, hauing a bladder for the same purpose.

To still a Capon for a sicke person.

TAke a well fleshed Capon faire scalded and dried, and put him into an earthen pot, put to it Burrage and Buglas, three handfull of mints, one handfull of Partes tongue, and Langdebefe, a handfull of Isope, put thereto a pint of Claret wine, and a pinte of cleane water, and twelue Dropnes, and when you haue so done, couer the pot with a dish or sancer, and vpon all that to couer course paste that no aire come out, then take the pot and hang in a Brasse pot vp to the brimmes of your paste, and so let it boile for twelue houres at the least, & alwayes as your water that is in the brasse pot doth consume, be sure to haue in readines another pot of hotte water at the fire to fill it as log as it doth serue for the twelue houres, & when the houres be past, take it from the fire, and let it cole for

for one houre, then vnlose and straine the licour from the Capon into a faire pot, taking euery morning warme foure or fiue spoone fuls next to your heart, which shall comfort and restore nature to you being sicke, vsing this aforesaid capon.

To preserue Quinces in syrrup all the yeere.

TAke three pound of Quinces being pared and cored, two pound of suger and three quarts of faire running water, put all these together in an earthen panne let them boyle with a soft fire, and when they be skimmed, couer the close that no aire may come out from them, you must put cloues, and Sinamon to it after it is skimmed, of quantitie as you will haue them to taste, if you will know when they be boyled enough, hang a linnen cloth betweene the couer and the panne so that a good deale of it may hang in the licour. and when the cloth is very red, they be boyled enough: let them stand till they be colde, then put them in Galley-pots with syrroppe, and so will they keepe a yeere.

To

To conserue Wardens all the yeere in sirrop.

TAke your Wardens and put them into a great Earthen pot, and couer them close, set them in an Ouen, when you haue set in your white breads, & when you haue drawne your white bread, & your pot, and that they be so colde that you may handle them, then pill the thin skinne from them ouer a peuter dish, that you may saue all the sirroppe that falleth from them: put to them a quart of the same sirroppe, and a pinte of Rosewater, and boile them together with a few Cloues and Sinamon, and when it is reasonable thicke and cold, put your Wardens and Sirroppe into a Galley pot, and see alwaies that the Sirrope bee about the Wardens or any other thing that you conserue.

To conserue Cherries, Damsins or wheat plummes all the yeere in the sirrope.

FIrst take faire water, so much as you shall thinke meet, and one pound of suger, and put them both in a faire Bason, and set the same ouer a soft fire, till the suger be melted, then put thereto one pound and

and a paste of Cherries, or Damsins, and let them boile till they breake, then cover them close till they be cruse, then put them in your Gally Pottes, and so keepe them, keeping proportion in weight of Suger and fruite, you may construe as much as you list putting thereto Sinamon and cloues, as is aforesaid.

To make a paste of Suger, whereof a man may make all manner of fruites, and other fine thinges, with their forme, as Plates, Dishes Cuppes and such like things. wherwith you may furnish a Table.

TAke Gum and dragant, asmuch as you will, & steepe it in Rose water till it be mollified, and for foure ounces of suger take of it the bignesse of a Beane, the iuyce of Lemons, a walnut shell ful, and a little of the white of an Eg. But you must first take the gummes, and beate it so much with a pestell in a brasen morter, till it become like water, then put to it the iuyce with the white of an Egge, incorporating all these wel together. this don take foure ounces of fine white Suger wel beaten to powder, & cast it into ỹ Morter by a little

and

and little, vntill they be turned into the forme of paste, then take it out of the saide morter, and bray it vpon the powder of sugar, as it were meale or flower, vntill it be like soft paste to the end you may turn it, and fashion it which way you will. When you haue brought your paste to this forme spread it abroad vpon great or small leaues as you shall thinke it good, and so shall you forme or make what things you will, as is aforesaid, with such fine knackes as may serue a Table, taking heed there stand no hot thing nigh it. At the end of the banket they may eate all, and breake the platters, Dishes, Glasses, Cups, & all other things, for this paste is very delicate and sauerous. If you will make a thing of more finenesse then this; make a Tarte of Almondes stamped with sugar and Rosewater of like sorte that marchpaines be made of, this shall you lay betweene two pastes of such vessels or fruites or some other things as you thinke good.

To confite Walnuts.

TAke them greene and small in husse, and make in them foure little holes, or more, then steepe them in water eleuen

dayes

dayes, make them cleane and boile them as the Orenges hereafter written, but they muſt ſethe foure times as much. Dreſſe them likewiſe with Spices, ſauing you muſt put in very fewe Cloues, leaſt they taſte bitter. In like ſorte you may dreſſe Gourds, cutting them in long peeces, and paring away the inward parts.

To make Mellons and Pompions ſweet.

TAke fine Suger and diſſolue it in water, then take ſeedes of Mellons and cleaue them a little on the ſide that ſticketh to the Mellon, and put them in the ſugred water, adding to them a little roſe-water, Leaue the ſaide ſeedes ſo by the ſpace of three or foure houres, then take them out and you ſhall ſee that as ſoone as the ſayde ſeeds be drie, it will cloſe vp again. Plant it and there will come of it ſuch Mellons, as the like hath not been ſeen. If you will haue them to giue the ſauour of Muſke: put in the ſame water a little Muſke, and fine Cinamon, and thus you may doe the ſeedes of Pompions, and Colecumbers.

To confite Orenge peeles which may bee doone at all times in the yeere, & chiefly in May, because then the said peeles be greatest and thickest.

TAke thicke Orenge Peeles and them cut in foure or fiue peeces, and steepe them in water the space of ten or twelue dayes You may know when they be steeped enough, if you holde them vp in the Sunne and see through them, then they be steeped enough, if you cannot see through them, then let them steep vntill you may. Then lay them to drie vpon a table, and put them to dry between two linnen clothes, then put them in a Kettell or vessell leaded, and adde to it as much Honny as will halfe couer the said peeles, more or lesse as you thinke good, boyle them a little and stirre them allwayes, then take them from the fire, least the hony should seeth ouermuch. For if it should boyle a little more then it ought to boyle, it would bee thick. Let it then stand and rest foure daies in the said Honny, stirring and mingling the Orenge and Honny euery day together. Because there is not Honny enough to couer all the saide Orenge peeles, you must

must ſtir them well and oftentimes, then doe three times, giuing them one bubling at each time, the let them ſtand three daies, then ſtrain them from the honny, and after you haue let them boyle a ſmall ſpace, take them from the fire, and beſtow them in veſſels putting to them Ginger, cloues and ſynamon, mixe all together, and the reſt of the ſirrope will ſerue to dreſſe others withall.

How to purifie and prepare Honny and ſuger for to confite cirons and all other fruits.

TAke euery time ten pound of honny, the white of twelue new layd egges, and take away the froth of them, beate them well together with a ſtick, and fire glaſſes of faire freſh water, then put them into the honny, and boyle them in a pot with moderate fire the ſpace of a quarter of an houre or leſſe, then take them from the fire ſkimming them well.

To confite Peaches after the Spaniſh faſhion.

TAke great and faire Peaches and pill them clean, cut them in peeces and ſo

ley them vpon a table abroad in the Sun the space of two dayes, turning them euery morning and night, & put them hot into a Iulep of suger well sodden, and prepared as is aforesaid, and after you haue taken them out set them againe in the Sun turning them often vntill they bee well dryed, this done, put them againe into the Iulep, then set them in the sun vntill they haue gotten a faire barke or crust, & then you may keepe them in boxes for winter.

A goodly secret for to condite or confite Orenges, Citrons, and all other fruites in sirroppe.

TAke Citrons and cut them in peeces, taking out of the the iuice or substance, then boyle them in fresh water halfe an houre vntil they be tender, and when you take them out, cast them in colde water, leaue them there a good while, then set them on the fire againe in other fresh water, vse but heat it a litle with a small fire, for it must not seeth, but let it simper a little, continue thus 3. dayes together heating them every day in hot water: some heat the water but one day, to the end that the Citrons be not too tender, but change the

the freshe water at night to take out the bitternesse of the pilles, the which being taken away, you muſt take Suger or Hony clarified, wherein you muſt the citrons put, hauing firſt well dryed them from the water, & in winter you muſt keep thē from the froſt, & in Summer you ſhall leaue thē there all night, and a day and a night in Honye, then boile the Hony or Suger by it ſelfe without the Orenges or citrons by the ſpace of halfe an houre or leſſe with a little fire, and being colde ſet it againe to the fire with the Citrons, continuing ſo two mornings: if you will put Honie in water and not Suger, you muſt clarifie it two times, and ſtraine it through a ſtrayner: hauing thus warmed and clarified, if you ſhall ſtraine and ſette it againe to the fire, with Citrons onely, making them to boyle with a ſoft fire the ſpace of a quarter of an houre, then take it from the fire & ſet it reſt at euerie time you doe it, a day & a night: the next morning you ſhall boyle it againe together ỳ ſpace of half an houre and doe ſo two mornings, to the end that the Honnie and Suger may bee well impoyſoned with the Citrons. All the cun-

ning consisteth in the boyling of this Syrrope together with the Citrons, and also the Syroppe by it selfe, and herein heede must be taken that it take not the smoke, for that it sauour not of the fire: In this maner may be drest the Peaches, or Lemmons, Orenges, Apples, greene Walnuts, and other like being boyled more or lesse, according to the nature of the fruits.

To bray gold.

TAke Golde leaues, foure drops of honny, mixe it will together, and put it into a glasse, and when you will occupy it, scrape and temper it in gumme water and it will be good.

To make a Condonack.

TAke Quinces and paire them, take out the cores, and seeth them in faire water vntil they break, then strain them through a fine strainer, and for eight pound of the said strained Quinces, you must put in 3. pound of Suger, and mingle it together in a vessel, and boile them on the fire, alwayes stirring it vntill it be sodden which you may perceiue, for that it will no longer cleaue to the vessell, but you may scrape muske in powder, you may also adde spices

to

to it, as Ginger, Cinamon, Cloues, & Nutmegs, as much as you thinke meet, dopling the mustke with a little Wineger, then with a broad slice of wood spread of this confection vpō a table, which must be first strewed with suger, and there make what proportion you will, and set it in the sunne vntill it be dry, and when it hath stood a while turne it vpsidown, making alwaies a bed of suger, both vnder and above, and turne them still and dry them in the sunne vntill they haue gotten a crust. In like manner you may dresse Peares, Peaches, Damsins, and other fruites.

To make confections of Mellons or Pompones.

TAke what quantitie of Mellons you thinke best, and take them before they be ripe, but let them be good, and make as many cuts in thē as they be marked with quarters on euery side, and hauing mundified them and taken out the cores and curnels, and péeled the vtter rinde, steepe them in good Wineger, and leauing them so the space of ten dayes, & when you haue taken them out, take other Wineger and

steep

steepe them a new againe other ten dayes removing and stirring them every daye, then when time shal be, take them out, and put them in a course linnen cloth, drying and wiping them, and set them in the aire, the space of a day and a night, then boyle them in hony, and by the space of x. dayes give them every day a little boyling, leaving them alwayes in the hony, and they must boile at every boyling but one walm then take the peeces and put them in a pot with powder of cloues, Ginger and nutmegs, and peeces of Cinamon, thus done, make one bed of the peeces of mellons, and another of the spices, & then powre white hony vpon all in the said pots or vessels.

The stilling of a Capon, a great restoritie.

TAke a yong capon that is well fleshed and not fat, & a knuckle of yong Veale that is sucking, and let no fat be vpon it, and all to hacke the bones and all, and flea the capon cleane the skin from the flesh, and quarter it in foure quarters, and all to burst it bones and al, and put the Veale and it altogether in an earthen pot, and put

put to it a pinte of red wine, & eight spoonfuls of rose water, and half a pound of small raisons and currans, & foure dates quartered, and a handfull of rosemary flowers, and a handfull of Burrage flowers, and twenty or thirtie whole Maces: and take and cover the pot close with a cover, and take paste & put about the pots mouth that no ayre come forth, and set it within a brasse pot full of water on the fire, and let it boyle there eight houres, and then take the ladle and bruse it altogether within the pot, and put it in a faire strainer, and straine it through with the ladle, and let no fat be upon the broth, but that it may bee blowne, or else taken with a feather, and every day next your heart drinke halfe a dozen spoonefuls thereof, with a Cake of Manus Christi, and againe, at foure of the clocke in the after-noone.

To make good sope.

FIrst you must take halfe a strike of ashen Ashes, and a quarte of Lime, then you must mingle both these together, and then you must fill a pan full of water and seeth them well, so done, you must take foure pound of beastes tallow, and put it into

into the Lye, and seeth them together vntill it be hard.

To make Quinces in sirrop.

TAke thirtie Quinces to the quantitie of this sirrop, take a pottel of water and put it into a pan, and then take the whites of fiue egges and beat them with another pottle of water and then put it altogether, and put therto twelue or fourteene pound of suger, as you shall see cause, and seeth it and skim it very cleane, and then put to it two ounces of Cloues and bruse them a very little, and let them seeth vntill the skum do rise very black, and then skim of the Cloues againe, and wash them in faire water and dry them and put them in again and your Quinces also. Put to them half a paint of rosewater, and then put the sirrope in a faire earthen pot or pan, and lay a sheete foure times double vpon them to kepe in the heat, and so let it stand a day or two, and then put them and the sirrop in a vessell that was neuer occupyed, and couer them close, but in the beginning pare your Quinces and core them, & seeth them in faire water, vntill they be tender, and then take them vp and lay them that

the

the water may run from them cleane, and when they be cold, thē put them into your ſirrop as it is before ſaid.

To make conſerue of Barberies.

TAke your Barberies and picke them clean, and ſet them ouer a ſoft fire and put to them Roſe-water as much as you thinke good, then when you thinke it bee ſod enough, ſtraine that, and then ſeeth it againe, and to euery pound of Barberies, one pound of ſuger, & meat your conſerue.

To make a Pudding of a Calues chaldron.

FIrſt take the chaldron & let it be waſhed, ſcalded and perboyled, and let it bee chopped and ſtamped fine in a morter, and while it is hot ſtraine it through a cullender, and halfe a dozen of Eys both whites and yolkes, with all manner of hearbs to them a handfull or two, let the hearbes be ſhred ſmall, and put them to the chaldron and a good handfull of grated bread, then take a handfull of flower, and put it to it all, then take an Orenge pill out of the ſircoppe and mingle with it, then ſeaſon it with Sinamon and Ginger, and a fewe

Cloues

Cloues and mace, and a little Rosewater, and Marrowe or suet, butter a good quantitie thereof, close it vp, so it be not dry baked, then take the thinnest of the Sheepes kell and wrap the meate in, then raise the coffin of fine paste and put it in.

To boyle Calues feete.

TAke a pint of white wine and a small quantitie of water, and small raisons, and whole mace, and boyle them together in a little vergious & yolkes of egges, mingled with them, and a peece of sweet butter, so serue them vpon bread sliced.

To steve Veale.

TAke a knuckle of veale and all to bruse it, then set it on the fire in a little fresh water, let it seeth a good while, then take good plentie of onions and chop them into your broth, and when it hath well sodden, put in Vergious, Butter, Salt and Safron, and when it is enough, put to it a little suger, and then it will be good.

To boyle Chickens and Mutton after the Dutch fashion.

FIrst take Chickens and mutton, and boyle them in water a good while, and let a good deale of the water be boyled away,

way. then take out the Mutton and chickens and the broth, make white broth, put in thereto sinamon and ginger, suger and a little pepper, and a little vergious, and a litle flower to thicken it, and a litle saffron, take rosemary, time, margerum & pentriall, and Hisope, and halfe a dish of butter, with a litle salt: the liquor must be cold before the chickens be put in.

To make a Candle.

TAke a pint of Malmesie and fiue or sixe egs, and seeth them strained together, so sodden, stirre it till it be thicke, and lay it in a dish as you do please, and so serue it.

To make a Haggas pudding.

TAke a peece of a Calues Chaldron and perboile it, shred it so small as you can, then take as much Beefe Suet as your meate, shred likewise, and a good deale more of grated bread, put this together, and to them seuen or eight yolkes of egs, and two or three whites, & a litle creame, three or foure spoonfull of Rose-water, a little Pepper, Mace and nutmegs, and a good deale of suger, fill them and let them be

be sodden with a very soft fire, and then also with a little Winter sauory, parsely and Time, and a litle Pennitall with your meat.

To make haggasse puddings.

TAke the liuer of a Hog and perboyle it, then stamp it in water and strain it with thicke creame, and put thereto eight or nine yolkes of egges, and three or foure whites, & Hogs suet, small raisons, Cloues and Mace, pepper, salte, and a little suger, and a good deale of grated bread to make it thicke, and let them seeth.

To make Ising puddings.

TAke great Otemeale and picke it, and let it soake in thicke cream three houres, then put thereto yolkes of Egs, and some whites, pepper, salt, cloues and mace, and a little suger, and fill them not to full, and seeth them a good while.

To seeth Muscles.

TAke butter and vineger a good deale, parsely chopt small and Pepper, then set it on the fire, and let it boyle a while, then see the Muscles be cleane washed, and put them in the broth shelles and all, and when they be boyled a while, serue them

them shelles and all.

To make a Pudding.

TAke parsely and time, and chop it small, then take the kidney of veale, and perboyle it, and when it is perboyled, take all the fat of it, and lay it that it may coole, and when it is colde shred it like as you do suet for puddings, then take marrow & mince it by it selfe, then take grated bread and small reasons the quantity of your stuffe, & dates minced small, then take the egs and rosse them hard and take take the yolkes of them and chop them smal, and then take your stuffe afore rehearsed and minged altogether, and then take pepper, cloues and mace, saffron, and salt and put it together with the said stuff, as much as you thinke by casting shall suffice, then take fire egs, and breake them into a bessell whites and all, and put your fry stuffe into the same egges, and temper them all well together. and so fill your baggalle or gut, and sethy it well, and it will be good.

To stew Steakes.

TAke a necke of Mutton and cut it in peeces, and then fry them with butter vntill

vntill they be more then halfe enough, fry them with a good many of Onions sliced, then put them in a little pot, & put thereto a litle parsely chopt, as much broth of mutton or beef as wil couer them, with a little Pepper. Salt, and Vergious: then let it seeth together very softly the space of an houre, and serue them vpon sops.

To boyle the lights of a Calfe.

FIrst boyle the lights in water, thē take persely, time, Onions, peniriall, and a little rosemary, and when the lights bee boiled chop all these together, lights and all very smal, and then boile them in a little pot, and put into them vergions, butter and some of the owne broth, then season it with pepper, synamon, & ginger: let them boile a little and serue them with sops.

To make a Lenten Haggas with poched Egges.

TAke a Skillet of a pint, and fill it halfe with vergious, and halfe with water, and then take Margerome, Wintersauorie, Peniroyall; Mince, time, of each sire crops, wash them and take foure Egges, hard rosted, and shred them as fine as you can,

ren, & put the hearbes thus into the broth, then put a great handfull of currants, and the crummes of a quarter of a manchet, and so let it seeth till it be thicke, then season it with suger, synamon, salt and a good peece of butter, and three or foure spoonefuls of Rose-water, then poch seauen egs and lay them on sippits, and powre the Haggesse on them, with synamon and suger strewed on them.

To boyle Onions.

TAke a good many Onions and cut them in foure quarters, set them on the fire in as much water as you thinke will boyle them tender, and whē they be clean skimmed, put in a good many of small raisons, halfe a spoonefull of grosse pepper, a good peece of suger, and a little Salts, & when the Onions bee through boiled, beat the yolke of an egge with vergions, and put into your pot and so serue it upon sops. If you wil, poch Egs and lay upon them.

To boile Citrons.

WHen your citrons be boiled, pared and sliced seeth them with water and wine, and put to them butter, small

raisons, and barberies, suger, synamon and ginger, and let them seeth till your citrons be tender.

To bake a Lampernes.

FIrst make your coffin long wayes, and season your Lampernes with Pepper, cloves and mace and put them in the Pie, and put thereto a good handfull of small raisons, two or three onions sliced a good peece of butter, a little suger, and a fewe barberies, and when it is enough put in a little Vergious.

To make fryed toste of Spinage.

TAke Spinnage and seeth it in water and salt, and when it is tender, wring out the water betweene two Trenchers, then chop it small and set it on a Chasing-dish of coles, and put thereto butter, small raisons, synamon, ginger and suger, and a little of the juyce of an Orenge and two yolks of rawe Egges, and let it boyle till it be somewhat thick, then toste your toste, soake them in a little butter and suger, and spread thin your spinnage upon them, and set them on a dish before the fire a little while, & so serue them with a little suger upon them.

To

To bake a Citron pye.

TAke your Citron, pare it and slice it in peeces, and boile it with grosse pepper and Ginger, and so lay it on your Paste with butter, and when it is almost baked put thereto Wineger, Butter, and Suger, and let it stande in the Oven a while and soke.

Another way to bake Citrons.

WHen your Citrons be pared and slyced lay it in your paste with small raisons, and season them with Pepper, ginger and fine suger.

To bake Aloes.

TAke a Legge of mutton or veale, and cut it in thinne slices; take parsley, Time, Margerom, Sawerie, & chop them small, with iii. or iiii. yelkes of hard Egges and put thereto a good many Currants, then put these hearbs in the slices, with a peece of butter in each of them, and wrap them together and lay them close in your Paste, season them with Cloves, Mace, Dinamon, Suger, and a little whole Pepper, Currans, and Barberies cast upon them, and put a dish of butter to them & when they be almost baked put in a lit-

little Vergious

To bray Golde.

TAke Gold leaues, foure drops of hony, mixe it well together, and put it into a glasse; and when you will occupy it, scrape and temper it in gum water and it will be good.

To make conserues of Roses and of any other flowers.

TAke your Roses before they bee fully sprung out, and chop off the white of them, and let the roses be dryed one day or two before they be stamped, & to one ounce of these flowers take one ounce and a halfe of fine beatē suger, & let your Roses be beaten as fine as you can, & after beat your roses and suger together again, then put the conserue into a faire glasse: And likewise make all conserue of flowers.

To make conserues of Cherries, and other fruits.

TAke halfe a pound of Cherries, & boyle them dry in their owne liquor, and then straine them through an hearne cale, and when you haue strained them, put in two pound of fine beaten suger and boyle them toge-

together a pritie while, and then put your conserue in a Pot.

To seeth a Carpe.

FIrst take a Carpe and boyle it in water and salt, then take of the broth and put it in a litle pot, then put therto as much Wine as there is broth, with Rosemarie, Perselie, Time, and margerum bound together, and put them into the pot, and put thereto a good many of sliced Onyons, small raisons, whole maces, a dish of butter, and a little suger, so that it bee not too sharpe nor too sweet, and let all these seeth together: if the wine be not sharpe enough then put thereto a little Vineger, and so serue it vpon soppes with broth.

To seeth a Pike.

FIrst seeth the Pike in water and salte, with Rosemarie, Parselie and Tyme, then take the best of the broth and put into a little pot, then put therto the ruffilt of the pyke, smalle Raisons, whole Mace, whole pepper, twelue or thirteen Dates: a good peece of butter, a Goblet of white wine, and a little peast, & when they haue boyled a good while, put in a little vineger, suger and Ginger, so serue the Pyke

with the Ruffit, and broth vppon soppes.

To boyle Cockles.

TAke water, vineger, Pepper, & Bare, and put the cockles in it, then let them seeth a good while, and serue them broth and all. You may seeth them in water and salt if you will.

To boyle a Carpe in greene broth, with a pudding in his bellie.

TAke the spawne of a Carpe, and boile and crumble it as fine as you can, then take grated Breade, small Raisons Dates minced, Sinamon, Suger, Cloues & Mace, and Pepper, & a little Salt, mingled altogether, and take a good handfull of Sage, and boile it tender, and straine it with three or foure yolkes of Egges, and one white, and put to the spawne, with a little creame and Rosewater, then take the Carpe and put the pudding in the belly, and seeth him in water and Salt, and whē he is almost boyled, take some of the Spawne and of the best of the broth, and put it into a little pot, with a little white wine, and a good peece of Butter, & three or foure Onions, whole Mace, whole Pepper, and small Raisons, and three or foure

foure Yates, and when it is a good deale sodden, put in a good deale of seeded Spinage, & straine it with three or foure yolks of Egges, and the Onyons that you put into the Broth with a little Vergious, and put it to your Broth, and if it bee too sharpe put in a little Suger, and so lays your Carpe vpon soppes, and poure the Broth vpon it.

To make an Almond Custard.

TAke a good sorte of Almonds blanched, and stamp them with Water, & straine them with water and a little Rosewater, and twelue Egges, then season it with a little Sinamon, Suger, and a good deale of Ginger, then set it vpō a pot of seething water, and when it is enough, sticke dates in it.

To make a blanch marger on the fish day.

TAke whites of Egges & Creame, and boile them on a chafingdish of coles, till they curd, then will their whey goe from them, then put away the whey, then put to the Curd a little Rosewater, then straine it and season it with Suger.

To bake chickens.

First season them with cloues and mace, peper and salt, and put to them currans and barberies, and slit an apple and cast synamon and suger vpon the apple, and lay it in the bottome, and to it put a dish of butter, & when it is almost enough baked, put a little suger, vergious & orenges.

To make a Pudding in a pot.

Take a peece of a Legge of Mutton or Veale and perboyle it well, then shred it very fine, with as much suet as there is mutton, and season it with a little pepper, and salt, Cloues and Mace, with a good veale of synamon and Ginger, then put it in a little pot, and put thereto a good quantitie of Currants and Prunes, and two or three Dates cut the long wayes, and set it seeth softly with a little vergious vpon sops, and so serue it with suger.

To stew Steakes.

Take the great Ribbes of an Necke of mutton and choppe them asunder, and wash them wel then put them in a platter one by another, and set them on a chafindish of coales, couer them and turne them

now

now and then, so let them stew till they bee halfe enough, then take Parsley, Time, Pargerome and Onyons, and chop them very small, and cast upon the steakes, put thereto one spoonfull of Vergious, and two or three spoonfuls of Wine, a little Butter and Marrowe, let them boile till the mutton be tender, and cast thereon a little pepper, if your broth be too sharpe put in a little suger.

To roast a Pigge.

TAke your pig and drawe it, and wash it cleane, and take the liuer, perboile it and straine it with a little Creame and yolkes of Egges, and put thereto grated bread, marrow, small Raisons, nutmegs in powder, mace, suger and Salte, and stirre all these together, and put into the pigs belly and sowe the Pigge, then spit it with the haire on, & when it is halfe enough put off the skinne, and take heede you take not off the fat, then baste it, and when it is enough, then crum it with white bread, suger, Synamō and ginger, and let it be somewhat browne.

To

To roste a Hare.

TAke the Hare and flay her, then take Parſely, Time, Sauery, Creame, a good péece of butte, Pepper, ſmall raiſons, and barberies, worke all theſe together in the hares belly: when ſhe is almoſt enough, baſte her with butter, and one yolke of an egge, and make veneſon ſauce to her.

To make Toſtes.

TAke the Kidney of Veale and chop it ſmall, then ſet it on a Chafingdiſh of Coales, and take two yolkes of egs, Currans, Synamon, Ginger, Cloues & Mace, and ſugar, let them boyle together a good while, and a little Butter with the Kidnie.

To make conſerue of Mellons, or Pompons.

TAke what quantity of Mellons you thinke beſt, and take them before they be ripe, but let them be good, and make as many cuts in the as they bee marked with quarters on euery ſide, & hauing mundified the and taken out the cozes and curnelles, and pealed the vtter rinde, keepe them in good Vineger, and leauing them

ſo

so the space of ten daies, and whē you haue taken them out, take other vineger and steepe them ten dayes more, remouing and stirring them euery day, then when time shalbe, take them and put them in a course linnen cloth, drying & wiping them, then set them in the ayre the space of one daye and a night, then boile them in hony, and by the space of ten dayes giue them euery day a little boyling, leauing them alwayes in the hony, and they must boyle at euery boyling but one walme, then take the peeces and put them in a Pot, with powder of Cloues, ginger and Nutmegs, and a peece of synamon: this done, make one bed of the peeces of Pellons, and another of the spice, and then powre white hony vpon all in the said pots or vessels.

To make sirrop of Violets.

FIrst gather a great quantitie of violet flowers, and picke them cleane from the stalkes and set them on the fire, and put to them so much Rose-water as you thinke good, then let them boile altogether vntill the colour be forth of them, then take them off the fire and straine them through a fine cloth, then put so much sugar to them as

you

you thinke good, then set it againe to the fire vntill it be somewhat thicke, and put it it vnto a viall glasse.

To make sope.

FIrst you must take halfe a strike of Asshen ashes, and a quart of Lime, then you must mingle both these together, and then you must fill a pan full of water and seeth them well, so done you must take foure pound of beastes tallow, and put it into the lye and seeth them together vntill it be hard.

To preserue Orenges.

TAke your Pilles and water them two nights & one day, and dre them clean againe and boile them with a soft fire the space of one houre, then take them out to cole, and make your sirrop half with rose-water and halfe with that licour, and put double suger to your Orenges, and when your sirrop is halfe sodden, then let your Orenges seeth one quarter of an houre more, then take out your Orenges and let the sirrop seeth vntill it rope, and when all is colde, then put your Orenges into the sirrop: the white of an Egge and suger beaten rog ether will make it to candie.

The

The ſtilling of a Capon, a great reſtorine.

TAke a young capon that is wel fleſhed & not fat, and a knuckle of yong Veale that is ſucking and let not fat be vpon it, and all to hack it bones and all, and flea the capon clean the ſkinne from the fleſh, and quarter it in foure quarters, and all to bruſe it bones and all, and put the veale and it altogether in an earthen pot, and put it to a pint of red wine, & eight ſpoonefuls of Roſemater, and halfe a pound of ſmall Raiſins or Currans, or foure dates quartered, and a handfull of Roſemary flowers, and a handfull of Borrage flowers, and twentie or thirtie whole Maces, and take and couer the pot cloſe with a couer, and take paſte and put about the pots mouth that no ayre come forth, and ſet it within a braſſe pot full of water on the fire, and let it boile there eight houres, and then take the ladle and bruſe it altogether within the pot, and put it in a faire ſtrainer, and ſtraine it through with the ladle, and let no fat bee vpon the broth but that it may be blowne or elſe taken with a

ther, and euery day next your heart drinke halfe a dozen spoonefuls thereof, with a cake of Manus Christi and again at fours of the clocke in the afternoone.

To make drie Marmelet of Peaches.

TAke your peaches and pare them, and cut them from the stones, and mince them very finely, and steepe them in rose-water, then straine them with rosewater through a course cloth or Strainer into your Pan that you will serue it in, you must haue to euery pound of Peaches half a pound of Suger finely beaten, and put it into your pan that you doe boyle it in, you must reserue out a good quantitie to mould your cakes or prints withall, of that Suger, then set your pan on the fire, and stirre it till it be thick or stiffe that your stick will stand vpright in it of it self, then take it vp and lay it in a platter or charger in prettie lumpes as big as you will haue the mould or prints, and when it is colde print it on a faire board with suger, and print them on a mould of what knot or fashion you will, and bake in an earthē pot or pan vpon the embers, or in a feate ouen, and kepe them continually by the fire to kepe them dry.

To

o make the same of Quinces, or any other thing.

TAke the quinces and quarter them, and cut out the cores and pare them cleane, and seeth them in faire water till they bee very tender, then take them with Rose-water, and straine them, & doe as is afore-said in every thinge.

To preserue Orenges, Lemmons, and Pomecitrons.

FIrst shaue you orenges finely, and put them into water two dayes and two nights, changing your water three times a day, then perboyle them in three seuerall waters, then take so much watter as you thinke conuenient for the quantity of your Orenges, then put in for euery pound of Orenges one pound and a halfe of suger into the water, and put in two whites of egges and beat them altogether, then set them on the fire in a brasse vessell, & when they boyle skim the very cleane, and clense them through a Jelly bagge, then set it on the fire and put in the orenges, the walnuts in like maner, and the Lemmons and Pomecitrons in like sorte, but they must lie in water but one night.

To preserue Quinces all the yeere through whole and soft.

Take as is aforesaide one pound of water and three pound of suger, & breake it in very small peeces, and in all things as you did before, then take twelue Quinces and coze them very clean, & pare them and wash them, and put into your syrop, when the skim is taken off let them seeth very soft vntill they be tender, then take them vp very softly for breaking, and lay them in a faire thing one by another, then straine your syroppe and set it on the fire againe, then put in your Quinces & haue a quicke fire, let them seeth apace and turne them with your sticke, and when they be almost readie, put in some Rose-water and let them seeth, and when you thinke they be ready take vp some of the syrop in a spoone, and if it bee thicke like a Ielly when it is cold, then take off your panne, and put your Quinces into pots and your syrop, & straine them, & put into your pots little peeces of Cinamon and a fewe cloues, and when they be colde cover them with paper pasted full of small holes.

FINIS.